

ACCOUNTABILITY PARTNERS FOR CHANGE

Client's may feel sad or anxious about the therapeutic relationship coming to an end as they have trusted us to open up, share their emotions and made themselves vulnerable.

A rushed ending that is not well considered can often cause clients to panic about the relationship coming to an end and leave them questioning whether or not they're able to cope on their own.

It can often be helpful for the client to consider an appropriate accountability partner - a friend or family member - someone who they can chat with, open up to and ask to hold them to account as they work on implementing the changes they've committed to throughout the counselling process.

Accountability Partners can also be of benefit to us as counselling practitioners; giving us the opportunity to consider and discuss any personal issues that arise throughout the counselling process.

For example, we may experience transference or countertransference throughout our sessions with clients. Having an accountability partner can be extremely helpful in giving us a neutral, external perspective which enables us to evaluate better and critique our counselling practice.

We can use the questions outlined below with clients to help them consider what they might like from an accountability partner. We can also answer these questions for ourselves to consider what an appropriate accountability relationship might look like in the context of our counselling practice.

Take a few moments to reflect on these ideas for yourself and work through the questions below:

1. How would accountability increase your chances of success?

2. What qualities would you appreciate most in an accountability partner?



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3. Who would be an effective accountability partner for this process?

4. What would you like from this person?

5. What will you ask this person to do for you?

6. What accountability questions would it be helpful for you to be asked?

